



Pantry Partner

C / O North Dakota Community Action Association



Transportation Action Available Online

A curriculum developed by the North Central Regional Center for Rural Development in collaboration with USDA is now available online. *Transportation Action: A Local Input Model to Engage Community Transportation Planning* is available at the National Association of Development Organization's Regional Transportation Online Center at: http://www.nado.org/rtoc.library/Trans_Action.html. The Transportation Action model seeks to join technical information with a decision making process that assists rural communities with transportation planning. The process includes creating public dialogue, identifying transportation issues, and developing solutions. Successful completion of the program should provide a blueprint for local action.

Grant to Improve Economic Status of Women & Girls

Improving the economic status of women and girls in North Dakota is the goal of an \$875,000 grant given by the Chambers Family Fund of Colorado. The five-year pledge includes a \$500,000 challenge to raise an equal amount to create the North Dakota Women's Foundation as a permanent endowment fund of \$1 million, with the principal to remain invested with the North Dakota Community Foundation. The plan also includes \$125,000 for staff support for the foundation and \$250,000 to be re-granted at \$50,000 per year over a five-year period to nonprofit organizations which address economic issues important to North Dakota women and girls.

For more information, contact the North Dakota Community Foundation at 222-8349 or email ndwomensfoundation@ndcf.net

Free Prescription Drug Discount Program

Nonprofit Warehouse has launched a Free Prescription Drug Discount Card. The Card is available for FREE to any organization, government agency, religious organization, or commercial support organization for distribution to any individual who does not have a prescription drug benefit. With the Card a person will be able to purchase their prescriptions at or below wholesale prices.



There are no income or age restrictions, documentation or registration requirements. The Card is available for FREE at www.nonprofitwarehouse.com. The Card is valid in over 1400 Kmart Pharmacies in the U.S., Puerto Rico, and the Virgin Islands. For those who do not have a conveniently located Kmart Pharmacy, there is a mail option.



Scholarship Opportunity for Low Income Women

The Jeannette Rankin Foundation (JRF) raises funds for and awards scholarships annually to women thirty-five years of age and older who through undergraduate or vocational education are seeking to better themselves, their families, and their communities. Applicant criteria:

- Must be a woman, at least 35 years of age as of April 1, 2003.
- Must be a U.S. citizen.
- Must be pursuing a technical / vocational degree, an associate degree, or a first bachelor degree.
- Must be enrolled or accepted in an accredited school for the fall of 2003.
- Must be low-income and fall within the income guidelines.

To apply go to:

<http://www.rankinfoundation.org/apply.htm>

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Inside this Issue:

- Nutrition Resources for Kids
- Fundraising Idea
- Grant Resources
- Much more!

Newsletter Published by:

*The
North Dakota
Community Action
Association*
2105 Lee Avenue
Bismarck ND
58504
Phone:
701-258-2240
FAX
701-258-2245



Protect Your Organization with Meeting Minutes



Taking good minutes at your board meetings protects not only your

organization, but those people who participate in your meetings. Meeting minutes are not intended to be a record of discussions, nor serve as a newsletter for the organization. Here are a few guidelines to consider when jotting down minutes at your next board meeting.

- Accurate minutes should

be kept for ALL committee and special meetings.

- The minutes should reflect what actions were taken—not a record of the conversations.
- Minutes should include the place, date, and time of the meeting. Also, names of the all participants -including those arriving late or leaving early, and guests, and staff.
- Include a statement

about the distribution and review of the financial reports & notate any corrections to previous minutes.

- Distribute minutes within a reasonable timeframe to those who attended. If you distribute minutes electronically—be sure your bylaws permit this.
- Store hard copies of all minutes in a fire-proof filing cabinet or vault.

Putting the "FUN" Back in Fundraising



Looking for a fundraising event that is sure to tempt the taste buds of potential donors? How about hosting an "Around the World" food event. You can bet that your volunteers and board members have special recipes from various places around the world. Have your faithful group whip-up batches of their special dishes—for an evening "social." Talk to your local school band or church choir about providing musical entertainment during the event. Or how about contacting a local travel agency to provide information on various tourist destinations? Admission for the social could be donated can goods for your pantry or a small cash donation. As an added extra bonus—you may want to make a mini-cookbook with the recipes for the various dishes served during the evening. These cookbooks could be sold and provide an additional fundraising boost.

Serve Up a Little "Chicken Soup" for Your Volunteers

Want to honor your hardworking volunteers but tired of the same old boring certificates? How about serving up the book "Chicken Soup for the Volunteer's Soul" which has 87 compelling volunteer-themed stories from American Red Cross, Big Brothers Big Sisters, Foster Grandparents, and many others. This book is available to nonprofit organizations at a 50% discount. For more information contact:

Arline Oberst at
973-226-5994



Food Stamp Reauthorization



The Food Research & Action Center (FRAC) has developed a guide that describes the expanded eligibility provisions, program simplifications, and new flexibility provided

to states to improve the Food Stamp Program. The report also provides information for anti-hunger advocates to help encourage their states to take advantage of the positive provisions to the Food Stamp Reauthorization Act of 2002. The report can be downloaded free at:

www.frac.org



Food & Nutrition Conference



USDA's first *Food & Nutrition Conference* is scheduled for

February 24-26, 2003 at the Omni Shoreham Hotel in Washington DC. The event is designed to help you build skills in nutrition education, apply networking & partnership skills, learn about emerging initiatives, and much more. For additional information visit the website:

www.fns.usda.gov



Gain Computer Access

The Beaumont Foundation is providing grants to nonprofits lacking access to computers. Proposals will be accepted tentatively January 1st thru February 29th, 2003. More info can be found at:

www.bmtfoundation.org

Coping With Cutbacks

Is your organization suffering from the common plight of financial cutbacks? You are not alone in your struggles and there are lots of resources that can help. *"Coping with Cutbacks: The Nonprofit Guide to Success When Times are Tight"* is a guide that illustrates practical ways to involve businesses, government, and other nonprofits to solve problems together. The guide also includes a six-step process for developing solutions and 185 specific cutback strategies. The book is available at Wilder Publishing Company for \$20. Call 1-800-274-6024 or go to:

www.wilder.org



Join the Fight Against Hunger...

The Bill Emerson National Hunger Fellows Program is a leadership development opportunity for individuals seeking to make a difference in the struggle to eliminate hunger and poverty. Each year, twenty participants are selected to serve as fellows in this twelve-month program. Fellows are placed for six months with urban and rural community-based organizations all over the country involved in fighting hunger at the local level. They then move to Washington DC to complete the year with work at various national organizations involved in the anti-hunger and poverty movement. The program is designed to develop hunger-fighting leaders with a deep understanding of hunger and poverty at the local and national level that enables them to find innovative solutions and create the political will to end hunger. For more information on what is required to be considered for the program, contact the Congressional Hunger Center at 202-547-7022.

Learn More about President Bush's Faith-Based Initiative

The White House, together, with the Depts. Of Health & Human Services, Housing & Urban Development, Labor, Education, and Justice, has scheduled a series of conferences to help faith-based organizations learn more about President Bush's initiative. These free day-long conferences will equip participants with

information about the various federal programs that are suited to their needs, the federal funding process, and the legal issues that may apply to the recipients of federal funds. Conference sponsors will also help your organization decide whether and how partnering with the Federal Government could strengthen your

organization's mission. The closet workshop is scheduled for: January 13th, 2003 in Denver, Colorado.

For more information call 202-456-6718 or send an email to:

fbcid@dtihq.com





Supplemental Commodity Program Available in North Dakota

The North Dakota Community Action Network along with the North Dakota Department of Public Instruction are collaborating to deliver supplemental commodities to low-income elderly individuals at least 60 years of age and new mothers up to one year postpartum, infants, & children up to age six (note: if mothers are eligible for WIC services—that program is accessed

first). The food bundles provided do not provide a complete diet, but rather are good sources of nutrients typically lacking in the diets of the target population.

The food bundles typically include such items as:

- Vegetables
- Juices
- Processed Cheese
- Canned Meat
- Peanut Butter
- Dry Beans

- Evaporated Milk
- Cereal
- Infant Formula

If you are a provider interested in offering these supplemental commodities to families and individuals in or around your community—contact the Community Action Agency within your region or the North Dakota Community Action Association at 1-800-223-0364.



Information Request

For any additional information or to submit a news bit for the next newsletter, please complete this form and return it the address listed below.

Please send me additional information on:

- | | |
|--|--|
| <input type="checkbox"/> Community Action | <input type="checkbox"/> Food Gleaning |
| <input type="checkbox"/> Food Dialog Workshop | <input type="checkbox"/> Grant Opportunities |
| <input type="checkbox"/> Other: please specify | <input type="checkbox"/> Food Needs Assessment Study |

- ☐ I would like to contribute a story or news bit for the next newsletter. Please contact me.

Comments:

NAME

ADDRESS

PHONE

C/O North Dakota Community
Action Association
2105 Lee Avenue
Bismarck ND 58504



Community Food Project Grants are provided on a one-time basis to nonprofit organizations to undertake comprehensive multi-pronged responses to local food, farm, and nutrition issues. These grants are designed to increase food security in communities by coordinating the efforts of the whole food system, to assess strengths, establish linkages, and create systems which improve the self reliance of community members.

Targeted activities include growing, processing, and marketing food, as well as improving the nutrition safety net, aiding with food recovery and gleaning, and supporting nutrition education.

Grant awards ranged from \$10,000 to \$250,000. The grants do require a

dollar-for-dollar match, but in-kind matches are allowable. Grant periods range from one to three years in duration.

For more information contact:

USDA Cooperative State
Research, Education &
Extension Service
(CSREES)
Stop 2241
1400 Independence Ave
SW
Washington DC 20250
Phone: 202-205-0241

Website:

www.ree.usda.gov/crgam/cfp/community.htm



After-School Snacks for At-Risk Children

It is a proven fact—after school snack programs give children a nutritional boost and draw them into supervised activities that are fun and filled with learning opportunities. Nutritious snacks for school-aged children in after-school care programs are available to school districts in the National School Lunch Program and to public or private nonprofit community organizations through the Child & Adult Food Care

Program. USDA payments for snacks are targeted at school districts and organizations that sponsor after-school care programs in low-income areas.

For more information contact:

ND Dept of Public
Instruction
701-328-2260

FAST FACT: 33 million Americans suffer from hunger or live on the edge of hunger.
-2000 U.S. Census



Additional Resource for Pharmaceuticals

Patient assistance programs are available to low-income persons from a number of pharmaceutical companies—you can access these programs for a small one-time fee at

www.themedicineprogram.com.

Consequences of Hunger For Children



The Center on Hunger & Poverty at Brandeis University has published a report which summarizes recent scientific findings on the effects of hunger and food insecurity on children.

The report focuses on health, psychosocial, and behavioral impacts. In addition, the report illustrates learning and academic outcomes of hunger for the more than 13 million children in the United States who live in households with insufficient or uncertain access to nutritious food. The report is an excellent supporting source for grant writing. To obtain a copy of the report, visit: www.centeronhunger.org or call the Center at 781-736-8885.



Mark Your Calendars!

The ND Voluntary Organizations Active in Disaster has scheduled their annual conference for May 12-16, 2003 at the Ramkota Inn in Bismarck. Workshops will provide info on collaborating during disasters, preparedness, response & recovery.



Make Healthy Eating Fun for Kids

Learning about healthy eating is now more fun—thanks to a snazzy new website where games teach kids (and their parents) how to eat well—and resist the food industry's marketing campaigns. On the website: www.smart-mouth.org kids can see how their favorite restaurant foods stock up, play "true or false" with a food industry spokesman, and "bite back" by asking food companies and


government officials to promote nutrition. The site was launched recently by the nonprofit Center for Science In the Public Interest (CSPI) - the group best known for lobbying for easy-to-read food labels and for its critiques of restaurant food. By playing the kid-friendly games like "Trust Gus" or "Feed Your Face" - kids can discover that:

- Jolly Rancher Gel Snacks get their "fruit" taste from chemicals and flavoring—not

from actual fruit (despite the pictures of cherries and watermelons on the package).

- It takes more than 1 hour to bicycle away the calories in one 20 ounce Coca-Cola.

Smart-mouth.org is part of a comprehensive strategy to help address childhood obesity and other diet-health related problems. Encourage kids to check out this site!



Pantry Partner Newsletter

C/O North Dakota Community Action Association
2105 Lee Avenue
Bismarck ND 58504

WE'RE ON THE WEB!
WWW.NDCAA.ORG

This newsletter was made possible with a *Community Food & Nutrition Grant* from the *ND Dept of Commerce Division of Community Services*.

Special Thank You to ND Grocers Association



For the second year in a row, the North Dakota Grocers Association will be providing free booth space to the North Dakota Community Action Association (NDCAA) at their annual convention January 18th, 2003 in Fargo. This annual convention brings together hundreds of grocers from across the state. The NDCAA utilizes this

opportunity to provide convention attendees with a variety of information related to collaborating with emergency food providers in the state. The NDCAA provides informational packets containing a number of resources. Some of the information includes:

- Acceptable and unacceptable food donations
- A database of emergency

food providers across the state.

- Information on tax deductions that grocers can receive for making charitable food or non-food contributions to providers.
- Collaboration ideas for helping to eliminate hunger in North Dakota.

The NDCAA extends a sincere *thank you* to the NDGA for this wonderful opportunity.